#### THE PREVENTION OF DISEASE

By FREDERIC J. HASKIN

flies and mosquitoes could be exsished at one fell blow, and antiing ordinances be enforced in every
and in every home in the land, the
all death rate of the nation would
marvelously decreased that undermand casket-makers would have a
time eking out a living. A few
ago Dr. Edward A. Ayres deed before a meeting of the New
& College of Medicine that 250,000
hs annually resulted from mosquito
Another authority has emphaticstated that nine-tenths of all deaths
caused from germs arising from stated that nine-tenths of all deaths caused from germs arising from om, and that every man with a comcable disease who spits in a public is a murderer. This is putting rather strongly, but since every ess one gives his disease to many unsuspecting ones, and this disoften results in their deaths, the last its significance.

as its significance. was not until 1882 that tubers was discovered to be a germ so and enrable. Before that it looked upon as absolutely fatal, whenever anyone was found to be uted with it the members of his y gave him up as lost. That it mble in any climate, at any age, under conditions of poverty as as conditions of wealth, has been demonstrated. It is a disease of existion and its germ thrives in demonstrated. It is a disease of nortion and its germ thrives in ness and foul air. So science, in atting it, wisely uses the very and sensible weapons of plenty purishing food, fresh air and sunwille the afflicted ones are given very helpful advice, "Don't "This has in a great measure of to decrease the national death with telling effect." th telling effect.

much has science done. Yet it much has science done. Yet it make the men and women of orld—the intelligent ones as well ignorant—see the necessity of mg the discharges from the The average person regards the ditting law as the attempt of a lous class to make him give up refined habit. He often resents mly, in pitiable ignorance of the hat it is for his own protection. that it is for his own protection ill as that of his neighbor. The ough of the consumptive expels germs, but the loose is the more

#### Food Poisons

Cent of All Diseases the Result Undigested Putrefying Foods.

of affairs, women of society and en with active brains are too sedentary in their habits, giving time to exercise. To this evil is that of high and irregular liva result, the stomach cannot the demands made upon it. The and overtaxed stomach does operly do the work of digestion, aken in ferments and the poison aken in ferments and the poison ites the whole system. The body a weight and becomes a prey for tack of whatever disease it may

it ever occur to you how busy tomach of yours is? It only holds pints, but in one year you force take in 2,400 pounds of material, t and prepare it for assimilation to blood. No wonder it rebels everworked. We crowd it with and pastry, irritate its juices pices and acids, and expect the b to do its work. It can't do it, over the inner layer of the stome glands which secrete the juices ary to digestion. The entrance arry to digestion. The entrance of into the stomach is the signal see glands to do their work. The he food, and the more indigestion greater the demand upon them pon the muscles of the wall ad-

of the tons of high-seasoned sweetmeats and appetizers ned into this little four-ounce and then wonder, if you will, why Don't blame your stomach or our fate that you should be born fortunate. Blame yourself and the remedy.

the remedy, the remedy, the remedy that it is a small package of Stuart's pain Tablets, taking one after neal and at bed time. They are medicine, but a digestive. Your sh is worn out and needs help, edicine. Stuart's Dyspepsia Tabletill do the work that the stomach to do. There's enough power in ain of Stuart's Dyspepsia Tablets est 3,000 grains of ordinary food, a needn't fear that anything you ill remain in your stomach undi-

t's Dyspepsia Tablets will rout at's Dyspepsia Tablets will rout boison because they remove the food fermentation. They are a's own cure for dyspepsia. The of troubles dyspepsia is father of the numbered, for a healthy the state of the numbered of all health, the your opportunity before worse tions confront you. Send today free trial package of Stuart's usia Tablets. They will bring stomach relief. F. A. Stuart Co., that Bldg., Marshall, Mich. 50 cent size for sale at your jet's.



where on a death-dealing mission, the average consumptive expelling seven billion germs every twenty-four hours. Each germ is capable of sowing the seed of disease in someone else. How the health departments of the nation, the State and the municipality are gravity of this situation is a puzzling

Associations to enlist the public in the prevention of tuberculosis have come into existence throughout the country. A good example of the work is found in that of the committees on the prevention of tuberculosis in government buildings. This committee has had rules printed and conspicuously posted in every government building, office and workshop. The first rule reads: "All government employees are positively forbidden to spit upon the floors." A number of simple instructions and warnings follow, and already an improvement is observed in the Associations to enlist the public in an improvement is observed in the health, which will result in a noticeable change in the vital statistics of governchange in the vital statistics of government employees. Such persons in the government employ who have tuber-culosis are positively denied the use of the public cuspidors, and each must bring his own portable and destructible receptacle or use old handkerchiefs, bits of cloth or Japanese paper napkins, which he is in honor bound to destroy and so protect the lives of others from the disease which he has.

The first organized movement against tuberculosis in America was that led by Dr. Lawrence F. Flick of Philadelphia when the Pennsylvania Society for the Prevention of Tuberculosis was founded in 1892. There are now two national societies for the prevention of the disease and fifteen State associations, including the District of Columbia. Many States have laws requiring the report-States have laws requiring the reporting of cases of tuberculosis, and leading cities and towns have taken radical steps in the same direction. This al-lows the authorities to provide for the segregation of such cases in hospitals, if possible, to provide proper food and care for those who cannot afford it, and to instruct members of the patient's family and his neighbors in the means for preventing the spread of the disease. for preventing the spread of the disease. Some of the best work in preventing the spread of tuberculosis and in effecting its cure is done by private benevolent bodies. The various associations, whether national or only small local bands, are making one of their first works that of instructing the public at large of the danger in infecting others by spitting on the streets, of the danger of using public drinking. the danger of using public drinking cups, and in interesting the masses in he enactment and enforcement of laws

that will prevent tuberculosis.

When the government has reclaimed many thousand acres of swamp lands it will not only have furnished homesteads for countless families, but will steads for countless families, but will have protected the health of millions of people by abolishing the breeding ground of many mosquitoes. Dr. Ayres traces five diseases to the busy members of this family—malaria, vellow fever, beri-beri, dengue and fila riasis. Dr. Reed and his martyr co-workers paid a great price for this knowledge of the mosquito's death-dealing propensities, but it was a knowledge that has already saved its tens of thousands. As a means of helping persons underhas already saved its tens of thousands. As a means of helping persons understand this and so protect themselves and their neighbors, the surgeon-general of the public health and marine hospital service early prepared a set of facts about screening, all printed in clear type and in simplest terms, and these were sent to postmasters throughout the country liable to infection and posted in a conspicuous place for all to posted in a conspicuous place for all to

A London physician has recently east great homb into the circles of bridge players that may cause a cessation of that game for some time, or, at least, lead the players to observe more closely certain sanitary laws. "There is little doubt," says this learned surgeon. "that card parties are a frequent source of common colds, catarrh and influenza." He points to the fact that the rooms of the players are usually overheated and badly ventilated, rendering the occupants more susceptible to the micro-organisms which are in the the micro-organisms which are in the atmosphere. These come most often from the packs of cards which are used in turn by various hostesses and are contaminated by their hands, their clothing, or by the saliva when the nervous dealer moistens her finger in her zeal to deal quickly. The surgeon suggests the invention of washable and sterilizable playing cards as a preventive measure against the alarming spread of colds and influenza among the society women who play.

An even greater bombshell than this is the one that the biological laboratory is the one that the biological laboratory of the Department of Agriculture is now getting ready to hurl into the Ameri-can home. This will be the intelligence that the cat is one of the greatest carthat the cat is one of the greatest carriers of disease, that it is responsible for the spread of tuberculosis, scarlet fever, smallpox and diphtheria, especially among children, and that its usefulness is far outweighed by its danger. The bureau is making careful inquiry into Tabby's case, and if the results continue to be such as have already been obtained, spinsterdom will suffer the loss of a comforter and many a child's heart be made sore with the bereavement of some beloved pet. The rat, and his accomplice, the flea, have already been written in the bluck books of the nation as transmitters of bubonic plagae, though evidence so far is circumstantial, yet it is wise to be on the sufe side when so great a matter as the protection of the public health is concerned.

Scarlet fever infection can be carried directly from the patient to one who touches him, but furniture, clothing and bedding have been known to cated and small dust particles or minute scales and hold them for years, to later transfer them to some person in just the condition to lake the disease. It is a persistent poison, as was found in Detroit years ago when the discovery was made that it came through the milts supply in one section, and even after he milk was made pure and non-infecting the disease was carried by the old milk tickets formerly used. Many municipalities have laws on the subject of seaflet fever, smallpox and diphledria, requiring the reporting and isolation of the case, prescribing methods of disinfecting, ardering the sterilization of tecting, ardering the sterilization of tecting, ardering the sterilization of the case, prescribing methods of disinfecting, ardering the sterilization of the seeding and matressess. Ignorance to the proposition of Molokai. Father Damien, the great here, it is true, died of the disease, as well as in most other cases, is goned and become negligent of his own health and the disease found lim served yrey. His successors, the brothers and sisters of a Catholic order, parents being too ignorant to know she was really ill of a contagious disease.

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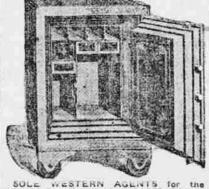
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